



Personal Wellbeing and Self-Care VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

Exercise: Practicing Intention and Attention in the workplace

Often at work, we are asked to think ahead and plan goals, targets and make a solid SMART plan to reach these targets. It is important to set goals, so you know where you want to go and can communicate this with your team and management.

We ask ourselves “what am I trying to achieve, by when and what are the steps towards that goal?” Then we work back from that goal and create the steps towards it. It’s as if we working it backwards.

Meditating

When we meditate, it may seem different, but it really isn’t. The intention to really be here in the present moment, to have your heart give itself to the moment and to pay attention to what is happening. We can let go of the outcome, the end goal, if we place our attention on working in the present moment, on performing mindfully.

Attention Exercise

An intention is to have in mind a purpose or a plan to direct the mind. Attention is to keep your eye on the ball.

Aspect in your life you want to change

Let’s start with an aspect in your life you want, or want to change and start today:



And do this over the course of 5 days.

1. Get clear about what you want and write it down.
Let it sink in for a few days.
2. Share this with someone you trust - this will hold you accountable.
Ask them to ask you about it in a couple of days.
3. Do something today that demonstrates your commitment for 5 days
and write it down.
4. Share this at the end of the 5 days with your accountability partner.
5. Acknowledge that you did what you said you were going to do and
write it down.
6. What was the starting point and where did you end? (in 5 days)